



CELEBRATING 67 YEARS OF AIR SUPERIORITY

ROBINS REV-UP

Sept. 19, 2014 Vol. 59 No.38

Robins Sets Sites on New Campaign

BY JENNY GORDON
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More than 30 Team Robins members participated in a special event Sept. 12 as part of an ongoing campaign focusing on resiliency.

In a darkened room in Bldg. 610, visitors briefly wrote several sentences on poster board explaining what makes them resilient – defined as the ability to withstand, recover and grow in the face of stressors and changing demands.

As a videographer captured the moment, some wrote about participating in sports and community groups, while others gave spiritual thanks or highlighted overcoming painful memories.

Valerie Tubb, a propulsion support equipment specialist, carried a framed photograph of her boyfriend, an Army staff sergeant stationed at Fort Benning, Ga.

“He teaches me every day that no matter what life throws at you, you can get through it,” she said. “You can bounce back from anything no matter how trying a situation gets. He told me once that I’m the most resilient person he knows, but the fact is he makes me that way.”

Staff Sgt. Davon Taylor attended resiliency training at a prior base, and said there’s good information for every Airman to explore. Taylor stays connected by being involved in sports, and enjoys walking his dog Cece to help him unwind.

“One thing that’s important is to build your social life, which can help you be resilient,” said Taylor, a 78th Command Post senior controller. “I hear people say sometimes there’s nothing to do around here, but you have to change your outlook on what you’re looking for. There’s always something to do.”

The ongoing “I am Resilient Because ...” campaign is part of an interactive, community-based effort to promote the four pillars of Comprehensive Airmen Fitness – mental, physical, social and spiritual.

Jay Breyer, an Army veteran, is a logistics management specialist who works with C-17 Foreign Military Sales. He stressed the need to find the right mix when it comes to CAF.

“I think balance is one of the keys to being really



U.S. Air Force photo illustration by TOMMIE HORTON

The illustration above is an example of the products being produced for the ongoing Resiliency campaign at Robins.

“You can bounce back from anything no matter how trying a situation gets ...”

– Valerie Tubb
Propulsion Support Equipment Specialist

resilient because you can overdo anything,” he said. “I try to keep a good balance in my life with family, friends, church activities and exercise.”

There are many helping agencies across Robins that can assist Airmen, from the Exceptional Family Member Program and base chapel, to services with the Airmen &

Family Readiness Center and Sexual Assault Response Coordinator.

A desktop icon with important numbers is available by clicking on Helping Agencies on your computer.

► see CAMPAIGN, 5

NEWS

YOU CAN USE

Construction project

Construction continues on the replacement of buried steam lines at Bldg. 644. The steam plant shutdown has been scheduled and coordinated to start today and end Monday. The 78th Civil Engineer Squadron is planning to turn off the steam to the southeast side of the base as early as this morning.

The Avionics Complex will have steam until later in the day. Both the parking lot at the Avionics Complex and the road are now scheduled to re-open Oct. 13. Facilities on the east side of the plant believed to be impacted by the steam outage include Bldgs. 678, 755, 756, 758, 759, 768, 769, 780, 781, 792, 795-798, 905, 908, 909, 914, 948, 949, 951, 960, 966 and 982. Site conditions and inclement weather may cause rescheduling. Updates will be provided as required.



Gate maintenance

Routine gate closures allow the 78th Civil Engineer Squadron to perform maintenance on vehicle barriers.

All gates will be closed from 9 a.m. to 3 p.m. according to the following schedule: first Tuesday of the month – Gate 14, Russell Parkway Gate; second Tuesday of the month – Gate 3, Watson Boulevard Gate; and the third Tuesday of the month – Gate 1, Green Street Gate.

SCIENCE ■ TECHNOLOGY ■ ENGINEERING ■ MATH

Ensuring Robins, state equipped with future STEM pros

BY BRIAN SHREVE
Robins Public Affairs

It’s never too early to start training the future engineering and scientific workforce of Robins Air Force Base.

To that end, base recruiters, local educators and school administrators gathered Sept. 12 for a conference at the Museum of Aviation to discuss ways to increase students’ excitement about science, technology, engi-

neering and math, or STEM.

Representatives from Houston, Bibb, Laurens and Dodge County school systems – roughly a dozen of them teachers – looked to build the foundation for their schools’ Georgia Department of Education STEM certification which requires industry collaboration and could take several years to obtain.

STEM Summit 2.0 served as an outgrowth of the first summit conducted in January, said Jamie Cook, Air Force Sustainment Center supervisory general engineer.

The long-term goal is to ensure Robins, and the state, is equipped with the future STEM professionals it needs.

“We’re here today to supplement the edu-

cation process and learn ways to increase student awareness of how they’ll use science and math in their lives, careers, and the awesome opportunities that await them with the right education,” said Cook. “We have an insatiable engineering need at Robins to maintain our weapons systems and aircraft.”

Although Georgia has some esteemed engineering programs, Cook said the base has had to recruit personnel from outside the state.

“There are just not enough of them coming out of the schools,” he said. “And when we go outside of Georgia to find these engineers and other STEM personnel, retain-

► see STEM, 5

HOME AWAY FROM HOME READY FOR THE NEXT STEP

BY JENNY GORDON
jenny.snider.ctr@us.af.mil

During the next several months, Robins Public Affairs will document the programmed depot maintenance of one C-130H from Yokota Air Base, Japan. We’ll highlight various stages of the process, telling the stories of the people and organizations which make the mission happen here every day.

It takes more than just sweet talk and elbow grease to remove a few flight controls from a C-130H.

Since arriving at its Warner Robins Air Logistics Complex home away from home about a month ago, the aircraft – one of 19 currently undergoing PDM here – is ready for its next

adventure on the Robins flight line.

During the first week of the month, following induction, it continued its movement through Gate 1, where a multitude of procedures takes place to ready it for the next gate.

At this stage for example, its flight controls were removed by mechanics in the 560th Aircraft Maintenance Squadron. Two shifts worked the preparation and removal of the aircraft’s rudder, elevators and ailerons. The work is always subject to weather conditions.

That’s because a rainstorm for example, could delay crane operations needed to lift an aileron away from the aircraft, while other flight control systems are removed.

► see STEP, 3



U.S. Air Force photo by ED ASPERA

Kneeling, Dustin Vanderheyden and James Huff, 402nd Aircraft Maintenance Group aircraft technicians, remove a C-130H aileron.

SECOND FRONT

CRITICAL DAYS OF SUMMER

Official campaign ends,
focus on safety and risk
management continues

BY BRIAN SHREVE
Robins Public Affairs



U.S. Air Force graphic by KEITH WRIGHT

Though the heat and humidity linger, another Critical Days of Summer is in the books – and the numbers are in.

Spanning May 23 through Sept. 2, this year’s theme, “Risk: Double checks, not second thoughts,” aimed to provide airmen and other base personnel with support and guidance in avoiding seasonal hazards.

The annual risk management campaign ended with 14 airmen fatalities Air Force-wide. That’s down from 19 last summer, and all of them were the result of off-duty mishaps. Ten involved personal motor vehicles, the remaining four are attributed to sports and recreational accidents.

Hitting close to home, one of those fatalities was a Robins Airman, who died in a motorcycle collision July 3.

There were a total of 59 reported off-duty mishaps involving Team

Robins members, according to the data released by the 78th Air Base Wing Safety Office. Those mishaps yielded 12 lost workdays and 298 restricted duty days. In 2013, there were 24 off-duty injuries reported installation-wide.

The significant increase is, in part, due to improved reporting across the base, as well as organizational changes within some tenant units, said Dana Nelson, 78th Occupational Safety and Health manager.

“We did, however, see an increase in miscellaneous home mishaps and those related to the growing popularity of physical fitness activities,” he said. “Thus the safety office gained additional reporting and investigative responsibilities.”

The Air Force began highlighting summer safety issues in 1964, setting

the stage for what later became the Critical Days of Summer. Throughout the years, safety topics have remained the same, said Nelson, though the presentation and number of mishaps change.

With several programs available to help counter incidents, such as Airmen against Drunk Driving or See Me, Save Me – the motorcycle safety campaign – assistance is available in avoiding potential hazards, and Team Robins must remain vigilant regardless of the season, said Scott Eck, Installation safety chief.

“These programs and processes help everyone identify and mitigate any mishap situation,” he said. “The key is year-round, active engagement, always looking for anything that could pose a risk and taking actions to minimize or eliminate it.”

AIR FORCE BIRTHDAY SHOUT OUTS

“Happy birthday, Air Force! It’s had 67 years of great service.”

Tech Sgt. Theodore Achimasi
94th
Aerial Port Squadron,
air transportation
craftsman



“It’s the greatest Air Force in the world. With that air superiority, there seems to be fewer casualties on the ground.”

Rochelle Dinkins
military spouse



“The Air Force has changed a lot over the years and it’s only improving. We’re persevering. And obviously we’re important, because we’re still around. It plays a crucial part in keeping America free.”

Senior Airman Cameron Gomula
5th Combat Communications Group,
cyber systems operations



“It’s a proud heritage. I’m glad we’re still standing. We’re the youngest of the armed services, and we’ve come leaps and bounds in 67 years.”

Tech Sgt. Nicole Robinson
78th Medical Group,
medical lab technician



“For me this anniversary means pride. It’s been almost 19 years since I joined, and I’ve never regretted a day of it.”

Master Sgt. Derrick Powell
Air Force Life Cycle
Management Center
systems engineer



Make sure you’re ready to vote

It’s your right to vote, so if you haven’t done so, it may be time to ask questions about this year’s elections.

The Robins Voter Assistance Office is available and can assist with questions, including registering to vote and requesting an absentee ballot.

Military members can vote absentee in local, state and federal elections if they’re a U.S. citizen, 18 years or older, and an active duty member of the armed forces, Merchant Marine, Public Health Service, National Oceanic and Atmospheric Administration, family member or U.S. citizen residing outside of the U.S.

How do you register to vote or request an absentee ballot? You may do so with the single form Federal Post Card Application, accepted by all states and territories. Hard copies may be obtained from your unit voting assistance officer or Installation Voting Assistance Office.



When mailed from any U.S. post office, including the military postal system, it’s postage-paid. An online post card application is available, and must be completed, printed, signed, dated and mailed directly to your local election official.

Those who have already registered and wish to request an absentee ballot, submit your post card as quickly as possible.

Voter Assistance Week at Robins will be Sept. 29 through Oct. 6. More details to come.

– Base Voter Assistance Office

BAH recertification ongoing

Airmen who receive with-dependent rate Basic Allowances for Housing are required to complete a new AF Form 594 (no digital signature, must be wet signature) and provide a copy of their supporting documentation such as marriage certificate, birth certificate or approved dependency application.

Members may come by the 78th Comptroller Squadron Finance Office, Bldg. 301, East Wing, from 8:30 a.m. to 3:30 p.m. or the Library, Bldg. 905 lobby, from 10 a.m. to 2 p.m. Mondays. The process must be completed by Dec. 31.

Military Retiree Appreciation weekend scheduled for Sept. 26

BY ROBINS PUBLIC AFFAIRS

The Retiree Activities Office is sponsoring its annual Military Retiree Appreciation Weekend Sept. 26 through 28.

The event offers Robins and its community partners an opportunity to recognize and provide information to the retired military population.

A job fair at the Heritage Club kicks off the weekend of Sept. 26 from 9 a.m. to 1 p.m.

Forty five to 60 employers are expected to attend. It’s open to all Team Robins members and eligible family members

with base access.

Saturday’s activities begin at 6:30 a.m. with a pay-as-you-go breakfast at the Wynn Dining facility. Briefings start at 9 a.m.

Col. Chris Hill, Installation commander, will speak to attendees. Other briefings may be provided by the base pharmacy, immunization clinic, TRICARE, security forces and others.

The Base Legal Office will offer will preparation and other legal services by appointment on Sept. 27. To schedule an appointment, call (478) 926-9276 or DSN 468-9276. All appointments will be in Bldg. 708

WHAT TO KNOW

For details, contact the following:

► Retiree Activities - robinsrao

@gmail.com or Pat Delaney at
pdelaney1948@gmail.com

► Job Fair - Garret Gordon at
garrett.gordon@us.af.mil

which is located across from the medical clinic.

A pay-as-you go lunch will be available in the Heritage Club’s Pizza Depot from noon until 1 p.m.

A vendor fair will be in the Heritage Bingo Room from noon to 4 p.m.

The fair will provide on- and off-base organizations, which support retirees, to introduce themselves and provide education on available resources and services.

Local businesses and organizations can set up a vendor table at no charge on a first-come, first-served basis. Set up for the event will be from 10:30 a.m. to noon.

All local veterans’ organizations are encouraged to participate.

Drawings for door prizes will be from 1:30 to 4 p.m. in the Heritage Club Bingo Room.

On Sept. 28 retirees will get to unwind with a golf tournament at Pine Oaks Golf Course beginning at 1 p.m.

WELCOME HOME



Inset U.S. Air Force photo by **TOMMIE HORTON**; Primary photo by **RAY CRAYTON**

About 200 soldiers with the Army National Guard's 48th Brigade Infantry Combat Team were greeted by Team Robins members upon their return from Afghanistan Tuesday. The unit's arrival concludes a nine-month deployment in which soldiers provided base operations support, security, training and force protection. The 48th Brigade, commanded by Col. Randall Simmons and Command Sgt. Maj. Shawn Lewis, led some of the largest and most complex transfers of installations to date.

STEP

Continued from 1

“We flow in a pattern when it comes to removing flight controls. We hook the crane up, tie ropes and have everything roped off. It’s the same routine each time,” said James Guy, 560th AMXS aircraft mechanic.

A prior shift had prepared the site for the removal of the aircraft’s right aileron, which can take anywhere from 45 minutes to an hour and a half.

The process to remove the aileron itself

took less than 15 minutes once a few final bolts were removed. Six workers joined in the brief operation.

Other items removed during the disassembly process included aft nacelles, wing pylon tanks, cargo ramp and gear doors.

All part of a 7-gate structure currently in use across the Air Force Sustainment Center, which includes the complex, the first gate involved induction procedures as well as various preparation operations. Gate 1 was completed Sept. 5. Next up will be Gate 2 where the aircraft will undergo a depaint and wash procedure in Bldg. 54. Stay tuned.

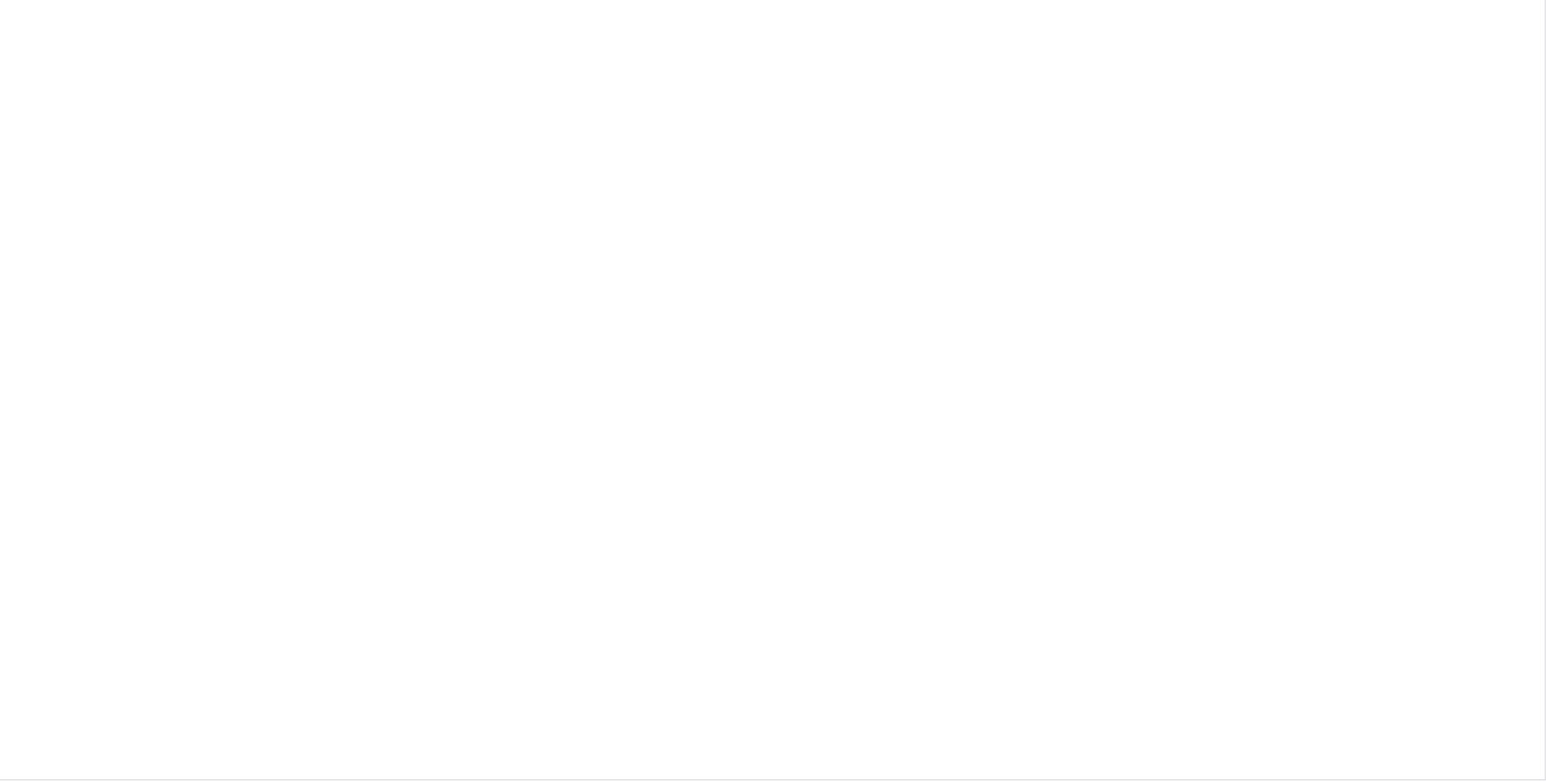


**CLICK IT
OR
TICKET**

**IT'S
THE
LAW**

THINK **GREEN**

RECYCLE THIS PAPER



AROUND THE AIR FORCE

1,482 Airmen still missing: POW/MIA Recognition Day today

JOINT BASE SAN ANTONIO-RANDOLPH, TEXAS – Nearly 1,500 Airmen are still missing and unaccounted for from various conflicts. There are more than 83,000 Americans still unaccounted for across the Department of Defense.

Every year the nation pauses on the third Friday of September to remember the sacrifices and service of prisoners of war, members still missing in action and their families. This year the observance is today.

In the months leading up to National Prisoner of War/Missing in Action Recognition Day, various active duty and veterans groups, state and local government agencies, and private organizations throughout the country prepare for POW/MIA Day ceremonies.

Many of these organizations reach out to the military services’ respective Casualty Affairs offices for help locating family members of those still unaccounted for from past conflicts. For the Air Force, the office that provides assistance to those organizations is the Air Force Personnel Center’s, Missing Persons Branch, within the Airman and Family Care Directorate.

“We are the liaison for the families of Airmen still unaccounted-for from the Korean, Cold and Vietnam wars. Because the Air Force did not become a separate service until 1947, all WWII unaccounted-for Army Air Corps service members are supported by the U.S. Army Casualty and Mortuary Affairs Operations Center - Past Conflict Repatriations Branch,” said Sandra Kolb, Air Force Missing Persons Branch chief. “We work closely with the Defense POW/Missing Personnel Affairs office, the Joint POW/MIA Accounting Command, the Air Force’s Life Science Equipment Lab and the Armed Forces DNA Identification Lab.”

“Leave No One Behind” and “You Are Not Forgotten” are more than mottos or words on a flag,” said Kolb.

“The sentiment behind those words drives our mission. The AFPC staff along with hundreds of Defense Department personnel work in organizations around the world dedicated to the mission of finding and bringing our sons and daughters back home as well as providing continued support to their families,” she said.

To read more, visit www.afpc.af.mil.

In Other News

Military force management: Updated matrices for reduction in force board

WASHINGTON (AFNS) – Based on voluntary losses, the Air Force no longer needs to include logistics readiness and financial management officers in the 2002 year group or behavioral scientists and physicists in the 2007 year group in this year’s reduction in force board.

The board is scheduled to convene at the Air Force Personnel Center in early October.

Updated officer RIF and voluntary force management matrices have been posted. The total target for these boards is now reduced to 413 with about 2,591



U.S. Air Force graphic



The Robins POW/MIA organization’s annual recognition ceremony was Thursday in the Museum of Aviation’s Hangar One in observance of the national day of remembrance. A vigil run kicked off the event Wednesday, with the goal of keeping a baton moving the entire 24 hours leading into the ceremony. Various units participated in the team building event.

eligible. The numbers represent additional reduced eligibles and targets from the last matrices posted in early August, which showed roughly 2,800 eligible officers with a target of 468.

To read more, visit www.af.mil.

IG Hotline gives DOD employees options

WASHINGTON (AFNS) – The Defense Department Inspector General operates a Hotline which has been instrumental in changing policies, uncovering fraud, waste, abuse and mismanagement, and in helping the government to save money. Those using it can identify themselves or remain anonymous.

By far, the most effective way to get information to the IG is via the online Hotline form, said Patrick Gookin, DOD Hotline director.

“We have an online complaint form that asks you the who, what, where, when, how and why,” he said. “We can go through that form much faster and more efficiently to decide where we need to refer it to than with a phone call.”

The online form helps the Hotline staff quickly get to what really matters by collecting all of the information needed in one step. The Hotline form is at <http://www.dodig.mil/hotline?source=GovDelivery>.

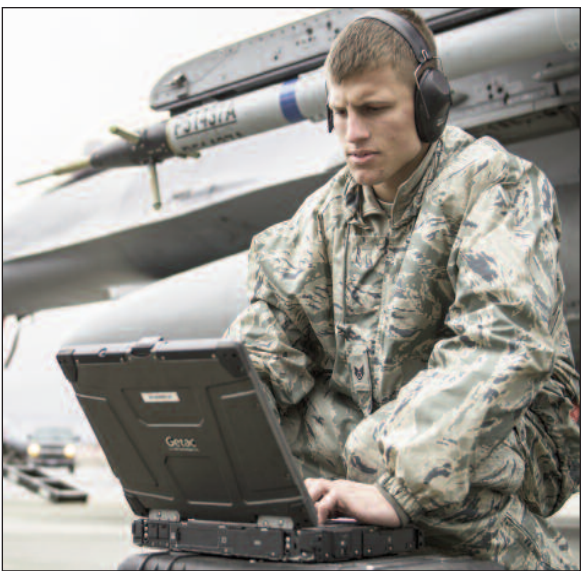
To read more, visit www.af.mil.

Air Force Survey Office improves official survey effectiveness

JOINT BASE SAN ANTONIO-RANDOLPH, TEXAS (AFPC) – Air Force organizations that need to survey Airmen must first contact the Air Force Survey Office for approval and guidance.

The Air Force Survey Office ensures surveys meet functional mission requirements and fulfill information needs while minimizing survey fatigue and impact on Airmen’s time, said Nicole Gamez, Personnel Psychologist, Air Force Survey Office, Air Force Personnel Center.

“During this period of limited resources, it is



U.S. Air Force photo by SENIOR AIRMAN PETER REFT

Ready to Roll

Staff Sgt. Zackery Coder, a 36th Aircraft Maintenance Unit crew chief at Osan Air Base, South Korea, checks computer data to ensure the F-16 Fighting Falcon is ready for the next exercise sortie on Eielson Air Force Base, Alaska.

extremely important to control the amount of time Airmen are asked to spend on non-mission essential tasks, including surveys. Although one short survey of a small number of members may seem insignificant, one short survey from the communications squadron, one from public affairs, one from services, one from the medical group and one from equal opportunity all add up,” she said.

Air Force leaders expect the survey office to maintain situational awareness of the quality, relevance, impact and necessity of each survey, as well as how much time Airmen expend on surveys.

To read more, visit www.af.mil.

LEGAL

Robins military justice actions

Nonjudicial punishment, pursuant to Article 15, Uniform Code of Military Justice, provides commanders an essential and prompt means of maintaining good order and discipline, and also promotes positive behavior changes in service members without the stigma of a court-martial conviction. The punishments are determined based on the individual facts and circumstances of each case.

The following Airman has received courts-martial:

►A 461st Maintenance Squadron airman first class was convicted and sentenced on Sept. 4, at a general court-martial convened by Lt. Gen. Bruce Litchfield, Air Force Sustainment Center commander.

The military judge who presided over the three-day trial found the accused guilty of sexual abuse of a child under the age of 16 years old by intentionally sending an image of his genitalia to the child in violation of Article 120b, Uniform Code of Military Justice.

After finding the accused guilty, the military judge received evidence and heard argument by trial counsel and defense counsel. In her argument for an appropriate sentence, the trial counsel argued that this



was a case where “after exploring a sexual interest in preteen girls he decided to create his own victim; he even used another military member to do it ... this is a 28-year-old man who needs time to grow up – time away from children.”

The accused was sentenced to nine months confinement, reduction to airman basic and a bad conduct discharge. He must also register as a sex offender.

The following Airmen have received Nonjudicial Punishment:

►A 52nd Combat Communications Squadron staff sergeant was late to work on four separate occasions. The staff sergeant also committed a dereliction of

duty by failing to follow instructions to complete a task.

For those offenses, the sergeant received a suspended reduction to senior airman, 14 days extra duty, and a reprimand.

►A 461st Air Control Networks Squadron senior airman failed to attend mandatory squadron PT and failed to report to work on time. The senior airman also disobeyed a lawful order by failing to attend mandatory squadron PT. For these offenses, the senior airman received a reduction to airman first class, a suspended reduction to airman, and a reprimand.

The following Airmen have received administrative discharges:

►A 16th Airborne Command and Control Squadron senior airman was discharged for a pattern of misconduct including assaulting their spouse, failing to report to their place of duty on six separate occasions and underage possession and suspected consumption of alcohol.

For this misconduct, the senior airman received a General service characterization.

– Courtesy 78th Air Base Wing Legal Office

ROBINS REV-UP

COMMANDER
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SUBMISSION GUIDELINES

Submissions must be received by 4 p.m. Wednesday, the week prior to the requested Friday publication.

They should be e-mailed to lanorris.askew.ctr@us.af.mil and vance.janes@us.af.mil

Submissions should be of broad interest to the base populace. For information, call Lanorris Askew at 472-0806.

DELIVERY

To report delivery issues, call 472-0802.

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STEM

Continued from 1

ing them becomes an issue because they may eventually want to go back home. Growing them locally greatly helps the Middle Georgia economy by providing a more skilled workforce.”

The meeting outlined several programs for kindergarten through 12th grade students, which offer hands-on academics aimed at making STEM education enjoyable and applicable.

Programs presenting their individual opportunities for partnership included the museum’s National STEM Academy, STAR-BASE Robins, Georgia Tech, Fort Valley State University, Georgia Southern University and the University of Georgia.

Kristy Cummings, Alexander II Math and Science Magnet School lead science teacher, said when students – no matter how young – are able to incorporate STEM education into their lives, the subjects become less challenging as they advance through high school, college and into their careers.

“For teachers, this is a really important day,” she said. “I have the privilege of working with elementary school students, and when they see that math is more than just algorithms but problem solving, or that science is more than just reading about it but experiments, they get excited. And that passion is already there as they get older.”

Though Alexander II has focused primarily on math and science since the 1970s, it is currently seek-

ing its STEM certification in an effort to integrate more technology and engineering into the curriculum

Cummings said it’s an advantage that students are becoming increasingly technology-savvy due to cell phones and computers.

Aside from the educational and financial benefits of students’ increased knowledge and interest in STEM, Cook said there are also the incentives of a safer America.

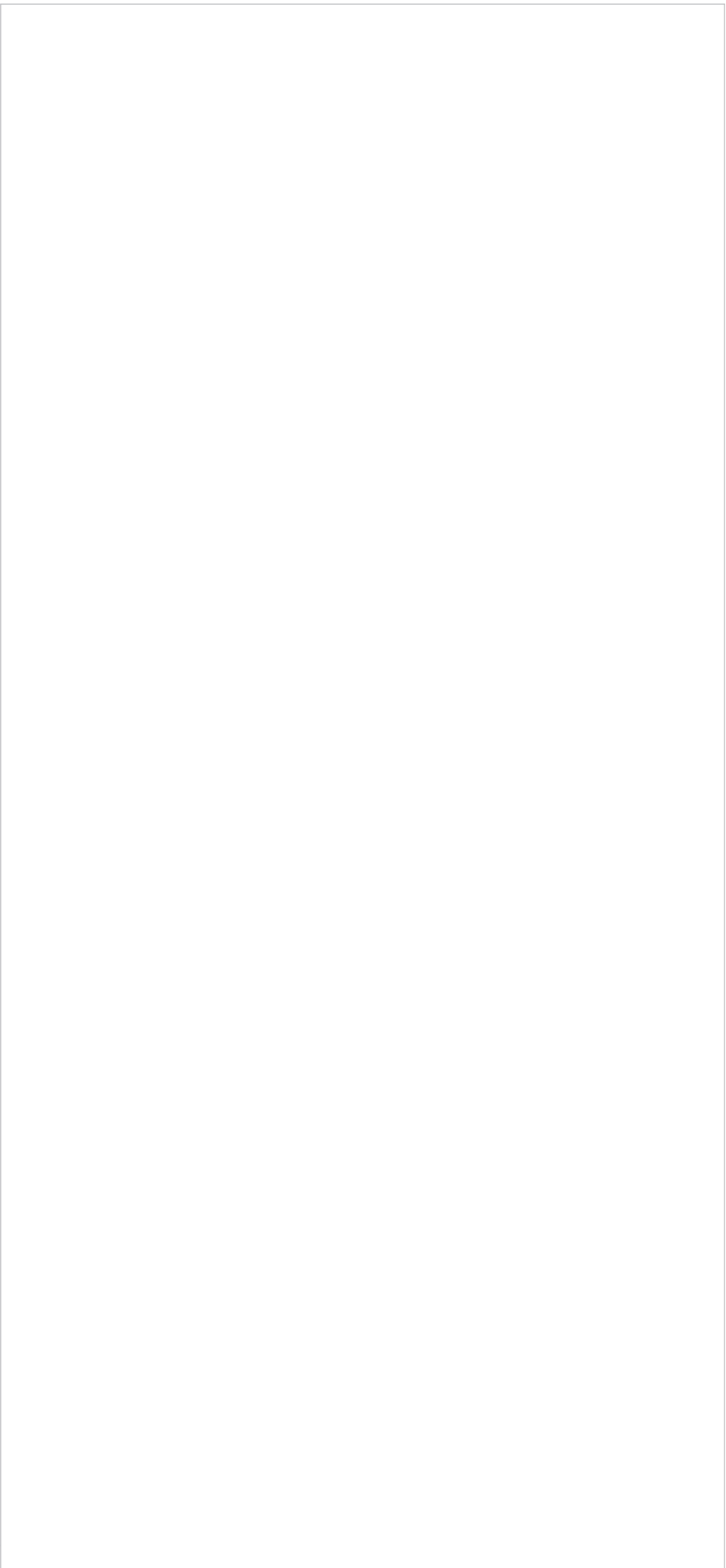
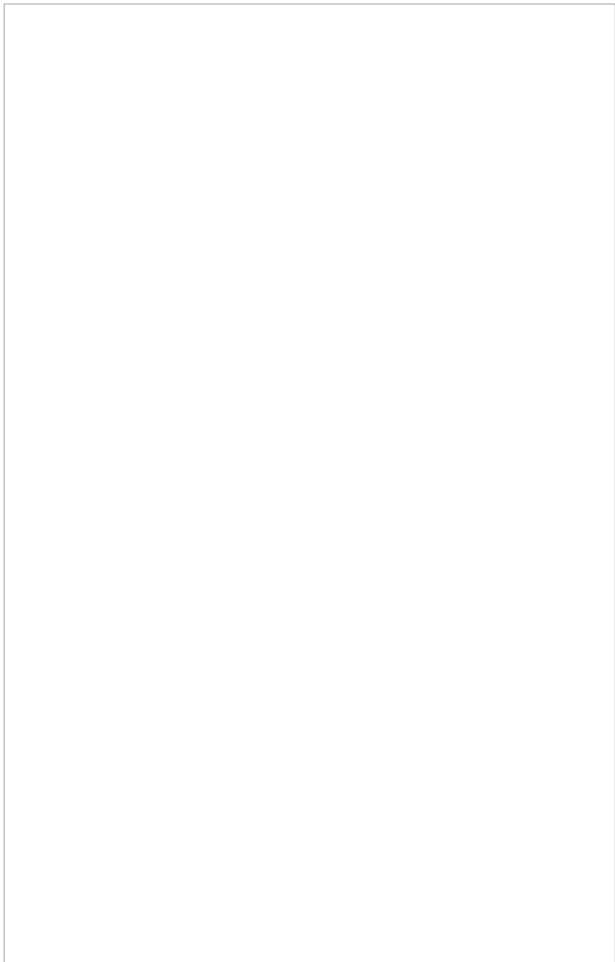
“There are growing missions in electronic warfare, and as planes age, the technology inside them has to be state of the art because new technology is being used against us,” he said. “We have to make sure our defensive and offensive strengths stay that way in the world we face today and for future generations.”

CAMPAIGN

Continued from 1

“Strength arises from using a balance of the four pillars of wellness to take care of ourselves during difficult times, so that we can then be available to our family, friends, fellow Wingmen and the mission,” said Capt. Nicole Campbell, Robins Air Force Base Suicide Prevention Program manager.

“Our community is comprised of individuals who embody this type of strength,” she added. “This campaign intends to share with the installation the lessons learned from our community members’ own experiences of successfully dealing with adversity, and to encourage those who have not yet participated to get their story out as well.”



IN THE SPOTLIGHT

AFLCMC

Agile Combat Support

IMPACTING EVERY PIECE OF THE AIR FORCE PUZZLE

BY ANDREAS WALSH

Air Force Life Cycle Management Center

When it comes to equipment and resources, have you ever wondered which Air Force organization delivers support equipment and vehicles, automatic test systems, and electronic warfare and avionics systems to operators?

Ever wondered where the Airman Battle Uniform originated or what agency identifies POW/MIA remains?

Well, it's the Agile Combat Support Directorate, which includes three major units at Robins. It's one of 10 Program Executive Officer directorates within the Air Force Life Cycle Management Center, headquartered at Wright-Patterson Air Force Base, Ohio.

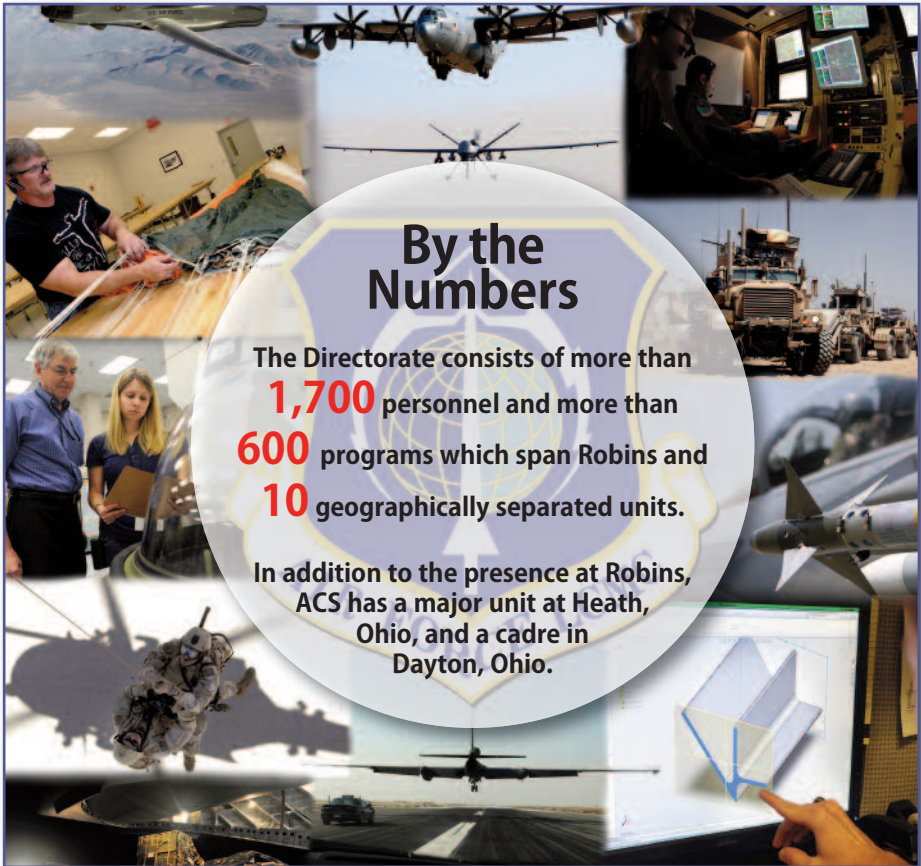
In addition to the presence at Robins, ACS has a major unit at Heath, Ohio, and a cadre in Dayton, Ohio. The directorate consists of more than 1,700 personnel and more than 600 programs which span Robins and 10 geographically separated units.

According to John Miller, the organization's PEO and a member of the Senior Executive Service at Wright-Patterson, ACS touches all facets of the Air Force.

"As part of the AFLCMC team, our job is to acquire and support war-enabling capabilities professionally and affordably. It's that simple," Miller said. "From the time Airmen enter basic training and put their uniform on for the first time, to assisting in the search for a fallen comrade, to supporting, retiring or disposing of weapon systems or support items, ACS plays a role."

At Robins, those efforts range from acquiring and sustaining a wide variety of support equipment and Air Force vehicles, to automatic test systems and electronic warfare and avionics equipment.

"I liken our efforts to the batteries and controllers of a game console," Miller said. While other organizations within AFLCMC deliver the consoles themselves – the major weapon systems – they would be at (a mission stoppage) without the batteries and controllers we provide."



U.S. Air Force graphic by ED ASPERA

ACS is tasked to deliver those capabilities in line with AFLCMC Commander Lt. Gen. C.D. Moore's fundamental tenets – emphasizing speed with discipline for our acquisition and product support responsibilities; ensuring unity of purpose with all stakeholders; and instilling trust and confidence in our ability to deliver excellence, Miller added.

Col. Gregory McNew, ACS's deputy director and deputy PEO, said the organization has accomplished a wide range of acquisition and product support efforts to support the warfighter.

"With two acquisition development divisions at Wright Patterson, responsibility for four Air Force industrial plants, and Air Force-wide responsibility for metrology in addition to our three acquisition divisions here at Robins, you can begin to imagine a day in the life of this directorate," he said.

ACS development and product support operations at Robins are conducted by three acquisition and product support divisions – Support Equipment and Vehicles; Automatic Test Systems; and Electronic Warfare and Avionics – that report not only as part of ACS, but also the Air Force Life Cycle Management Center.

"I encourage Air Force Sustainment Center's workforce and all of Air Force Material Command to become familiar with what the men and women in ACS deliver to our Air Force," Miller said. "They have responsibilities that affect all of us."

Editor's note: *For More about ACS mission areas watch the video on YouTube at www.youtube.com/watch?v=t2Gwvax-Ie4.*



Weighing in on the good and bad

Some fats are healthier than others

BY STUART BAPTIES
Health and Wellness Center
Flight commander

The holidays will be here much quicker than you think. More than likely, you’ll be surrounded by family, friends and plenty of good food.

Much of that food can be high in fat, and learning which fats are naughty and which are nice to your health can empower you to make smarter food choices.

First, lets debunk the myth that fat is just bad for you.

We need a certain amount of fat in our diets to stay healthy. It provides energy in the form of calories and helps the body absorb important fat-soluble vitamins – including A, D, E and K.

Fats also make food taste better and help us feel full. They’re especially important for infants and toddlers because dietary fat contributes to proper growth and development.

But problems arise if we eat too much fat since dietary fats have more than twice the calories per gram as proteins or carbohydrates.

Excess calories can pack on the pounds and raise the risk for diabetes, cancer and other conditions.

Some fats are better than others, and we should aim to eat the right types.

Foods can contain a mixture of fats.

Unsaturated fats are considered good fats and are sometimes listed as

WHAT TO KNOW

For more on healthy holiday eating tips call the Health and Wellness Center at 478-497-8480 to sign up for our Healthy Holiday Eating Class on Oct. 27 from 11 a.m. to noon.

monounsaturated or polyunsaturated fat on Nutrition Facts labels.

They can promote health if eaten in the right amounts, and they are generally liquid at room temperature – they’re known as oils.

You’ll find healthy unsaturated fats in fish, nuts and most vegetable oils – including canola, corn, olive and safflower oils.

Bad fats are saturated fats and trans fats which tend to be solid at room temperature. That includes butter, meat fats, stick margarine, shortening, coconut and palm oils.

They’re found in chocolates, baked goods, deep-fried or processed foods.

When we eat too many solid fats, we put our bodies at risk.

They tend to raise total blood cholesterol, and the part of cholesterol known as low-density lipoprotein cholesterol.

When those cholesterol levels are out of whack and too high, it’s a risk factor for cardiovascular disease.

When there’s too much cholesterol in the blood, the excess can get trapped in artery walls and build up.

The resulting buildup can develop into atherosclerosis – hardening of the arteries – which can lead to coronary heart disease.”

National Institute of

Health experts say the total fat intake for adults ages 19 and older should be 20 to 35 percent of daily calories. For children ages 4 to 18, it should be 25 to 35 percent.

Experts say you should get less than 10 percent of your calories from saturated fatty acids.

NIH-funded studies show that replacing solid fats in your diet with healthful unsaturated fats can have a positive impact.

Using unsaturated fats in place of some of the saturated fats actually lowers total cholesterol levels – mainly LDL cholesterol levels.

Eating healthy fats and less total fat can be challenging during the holidays.

You shouldn’t think of the holidays as a time to deprive yourself, but you can cut fat simply by reducing your portions.

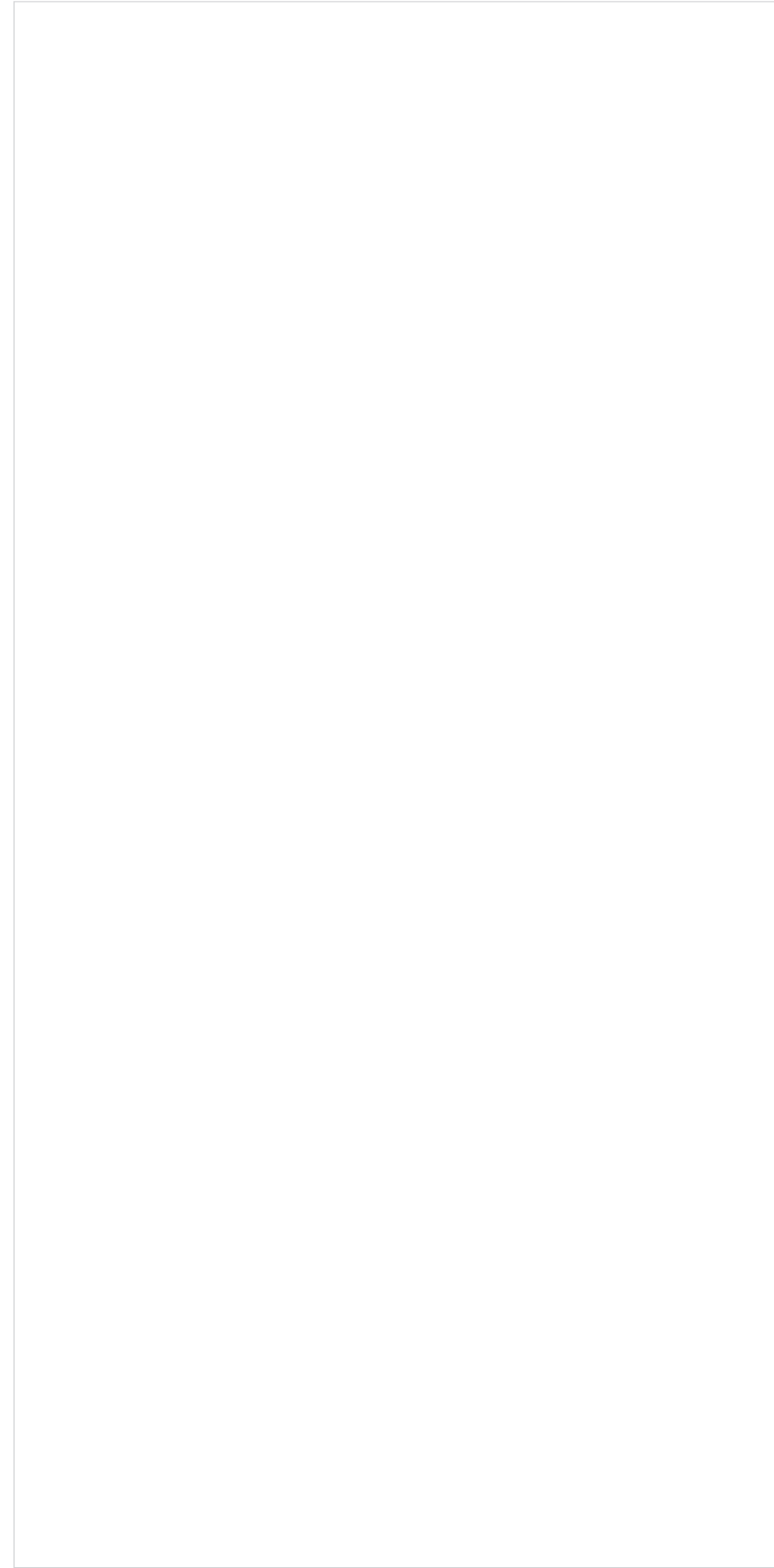
You can also choose lean meats, like skinless poultry. You can also eat more fruits, vegetables and whole-grain foods.

When prepping recipes, try using lower-fat ingredients like low-fat and fat-free yogurt and milk which contain the important proteins and minerals found in full-fat versions.

The holidays are right around the corner, and you should use any down time to recharge your batteries.

If you over-indulge a bit, don’t beat yourself up about it. Try to get out and walk off some of the calories, but be sure the next day you go back to following a healthy meal plan.

USE YOUR WITS NOT YOUR WATTS



OUT AND ABOUT

FRI	SAT	SUN	MON	TUE	WED	THUR
19	20	21	22	23	24	25

ON TAP 70 Day Fit 4 Life Belly Dance Class Today 6 to 8 p.m. Heritage Club Ballroom For details, call 472-7899.	ONGOING Afterburner September Special Vanilla Latte Base Restaurant Bldg. 166 Mondays through Fridays 5:30 a.m. to 1 p.m. For details, call 472-7827.	Twilight Golf Rates Every day 4 to 6:30 p.m. Pine Oaks Golf Course Play 18 holes \$20 with cart, no cart \$12. For details, call 468-4103.
Family Movie Night Finding Nemo Today 6:30 p.m. Base Theater Cost is \$2 and includes popcorn and drink. For details, call 468-2001.	Atlanta Falcons Tickets Atlanta games Upper level tickets \$46 Lower level tickets \$78 For details, call DSN 468-2945.	In-home childcare rules Any individuals caring for other families' children totaling more than 10 hours a week on a regular basis must be licensed to provide care in on-base quarters. For details, call Patricia Gurr at 468-3080.
Airman Chef Competition Oct. 3 6 to 9 p.m. Base Restaurant For details, call 478-926-3031 or DSN 468-3031.	70 Day Fit 4 Life Challenge Now through Oct. 31 Register today Open to all base ID cardholders and their families For details, call 468-2128.	Dream Higher Than Ever The Aero Club is now open to the public. For details, call (478) 926-4867.

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Sexual Assault Response Coordinator

SARC



The Robins AFB SARC is available 24 hours a day,
7 days a week. Phone: (478) 327-7272

